



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 14060, Beverages, Energy Drink with carbonated water and high fructose corn syrup**

**Report Date: July 04, 2017 02:40 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beverages

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	16 fl oz 480g
<b>Proximates</b>					
Water	g	84.52	--	--	405.70
Energy	kcal	62	--	--	298
Energy	kJ	258	--	--	1238
Protein	g	0.42	--	--	2.02
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	0.06	--	--	0.29
Carbohydrate, by difference	g	15.00	--	--	72.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	13.75	--	--	66.00
<b>Minerals</b>					
Calcium, Ca	mg	0	--	--	0
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	0	--	--	0
Phosphorus, P	mg	0	--	--	0
Potassium, K	mg	10	--	--	48
Sodium, Na	mg	48	--	--	230
Zinc, Zn	mg	0.63	--	--	3.02
Copper, Cu	mg	0.000	--	--	0.000
Selenium, Se	µg	7.3	--	--	35.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	25.0	--	--	120.0
Thiamin	mg	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	16 fl oz 480g
Riboflavin	mg	0.000	--	--	0.000
Niacin	mg	0.000	--	--	0.000
Vitamin B-6	mg	0.833	--	--	3.998
Folate, total	µg	167	--	--	802
Folic acid	µg	167	--	--	802
Folate, food	µg	0	--	--	0
Folate, DFE	µg	283	--	--	1358
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12	µg	2.50	--	--	12.00
Vitamin B-12, added	µg	2.50	--	--	12.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	16 fl oz 480g
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	38	--	--	182
Theobromine	mg	0	--	--	0